

## **Eldercare Workshop**

November 9th Bldg 2001, Rm 129 11:00 a.m.

For more information, call 770-7066



## Seeing Red?

Anger Management Workshop



November 16, 2005 11:00 a.m. & 2:30 p.m

In-Flight Cafe Annex

Anger is a normal emotion! Learn how to effectively express yourself without "dissing" others!

To register for this program, call 770-7066!

